

Medical Insurance

Children's Health Insurance Program (CHIP)
Utah Department of Health Resource Line
Toll-Free 1-888-222-2542

Utah Comprehensive Health Insurance Pool (HIP)
Regence BlueCross BlueShield of Utah
(801) 333-5573 or toll-free 1-800-662-0876

Medicaid
Call your local Medicaid Eligibility Office at the
County/District Health Department or Department of
Workforce Services. For the office nearest you call:
(801) 538-6155 or toll-free 1-800-662-9651
<http://hlunix.hl.state.ut.us/medicaid/html/offices.htm>

Medicare
Regence BlueCross BlueShield of Utah:
toll-free 1-800-426-3477
Medicare Part A and B:
(801) 333-2430 or toll-free 1-800-426-3477

Primary Care Network (PCN)
Call your local Medicaid Eligibility Office at the
County/District Health Department or Department of
Workforce Services. For the office nearest you call:
(801) 538-6155 or toll-free 1-800-662-9651
<http://hlunix.hl.state.ut.us/medicaid/html/offices.htm>

Prescription Assistance

Patient Assistance Programs
Provides assistance to patients with diabetes who cannot
afford their insulin/oral medications.

Bristol-Myers Squibb (Oral Medications) 1-800-736-0003
Eli Lilly (Insulin) 1-800-545-6962
Novo Nordisk 1-800-727-6500

The Medicine Prescription Program
To help eligible individuals obtain medications free of charge.
To request a free brochure/application:
PO Box 515, Doniphan, MO 63935-0515
Phone: 1-573-996-7300 M-F 8am-5pm CST
www.themedicineprogram.com

Information on Programs 1-800-762-4636
Leave a voice message to receive an information packet to
help older Americans obtain their medications free of charge
or at low cost.

You may also contact the manufacturer of your
prescription for patient assistance programs.

Emergency Aid/Food

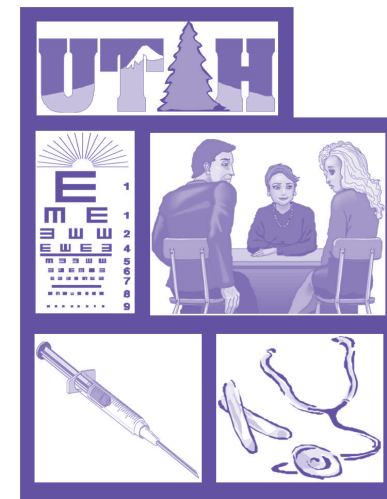
Organization	Phone
Catholic Community Services	(801) 977-9119
Centro de la Familia de Utah	(801) 521-4473
Community Action Program	(801) 359-2444
Community Services Council	(801) 978-2452
Crossroads Thrift	(801) 359-8837
Crossroads Urban Center	(801) 364-7765
Division of Services for the Blind and Visually Impaired	(801) 323-4343 1-800-284-1823
Eagle Ranch	(801) 254-4945
Expanded Food/Nutrition Education Program	(435) 797-2139
Friends for Sight	(801) 524-2020 1-800-675-LOOK
Healthy Aging Program	(801) 468-2772
Indian Walk-In Center	(801) 486-4877
Industry and Medical Supply Service Listing	1-888-222-2542
Call Health Resource Line for specifics	
Information and Referral	211
Low Vision Rehabilitation Services	(801) 408-3937
Rescue Haven	(801) 521-5925
Rescue Mission	(801) 355-1302

Emergency Aid/Food

Organization	Phone
Salvation Army	(801) 322-1253
Salvation Army Adult Rehabilitation Program	(801) 621-3580
Senior Center Programs/ Congregate Meals	(801) 468-2496
St. Paul's Episcopal Church	(801) 322-5869
St. Vincent DePaul/Weigand Homeless Day Center	(801) 363-7710
The Foundation of the American Academy of Ophthalmology	1-800-222-3937
Utah Division of Aging and Adult Services	(801) 538-3910
Utah Family Health Line	1-800-472-4716
Utah State Library for the Blind/Disabled	(801) 715-6789 1-800-662-5540 1-800-453-4293 (Utah Toll Free)
Utahns Against Hunger	(801) 328-2561 (801) 453-3663
Valley Mental Health Call for a listing by county	(801) 263-7100

Utah Diabetes Pocket Directory 2003

For People Affected by Diabetes



PO Box 142107
Salt Lake City, Utah 84114-2107
Telephone (801) 538-6141
www.health.utah.gov/diabetes

What is Diabetes?

Diabetes is a disease in which the body does not make or properly use insulin. Insulin helps sugar leave the blood and go into the body's cells. If untreated, the sugar that builds up in the blood can damage the heart, eyes, feet, kidneys and blood vessels.

There are 4 Types of Diabetes

- F Type 1 Diabetes
- F Type 2 Diabetes
- F Gestational Diabetes
- F Pre-Diabetes

Symptoms

- F Blurred vision
- F Tingling or numbness in the hands and feet
- F Frequent urination
- F Excessive thirst
- F Very dry skin
- F More infections than usual
- F Feeling very tired often
- F Unexplained weight loss

Risk Factors

- F A family history of diabetes
- F African American, Hispanic/Latino, Asian, Pacific Islander or Native American
- F 45 years of age or older
- F Overweight
- F A prior history of gestational diabetes
- F Not physically active on a regular basis
- F A woman who has given birth to a baby weighing more than nine pounds

Tests that Help in Diabetes Management

Test	Target Level	How Often
Hemoglobin A1c (HbA1c)	7.0 %	2-4 times each year by a health care professional
Blood Sugar Level	Chosen by you and your doctor	
Blood Pressure	#130/80	Every regular doctor visit or at least 2 times each year
Fasting Lipid Profile	Cholesterol<180mg/dl LDL#100 mg/dl HDL\$45 mg/dl Triglycerides<200 mg/dl	Annually by a health care professional
Microalbumin (Urine Protein)	None or no increase	Annually by a health care professional
Foot Exam	No sores	Annually by a health care professional
Dilated Eye Exam	No eye problems	Annually by a health care professional

Recommended Vaccine/Shot

Vaccine/Shot	How Often
Flu Shot	Annually
Pneumonia Vaccine	At least once in a lifetime

Community Diabetes Resources

- F Diabetes Education Programs: Located throughout the state, offer individual instruction, group classes and/or screenings. Many are ADA and/or State Certified Programs and offer culturally appropriate education.
- F Local Health Department Services
- F Community Health Centers
- F Primary Health Care Clinics
- F Vision Services
- F Other Community Services and Education Resources

For more information or a complete list of the above resources, call the Utah Department of Health Resource Line toll-free at 1-888-222-2542

Other Resources

American Cancer Society
(801) 483-1500 or toll-free 1-800-ACS-2345
www.cancer.org

American Diabetes Association,
toll-free 1-800-DIABETES (342-2383)
www.diabetes.org

American Heart Association
(801) 484-3838 or toll-free 1-800-242-8721
www.heartsource.org

American Lung Association
(801) 484-4456 or toll-free 1-800-LUNG USA (586-4872)
www.lungusa.org

Horizonte Instruction and Training Center
(801) 578-8574

Juvenile Diabetes Research Foundation
(801) 530-0660 or toll-free 1-800-JDF-CURE (533-2873)
www.jdrf.org

Utah Department of Health Arthritis Program
(801) 538-6141
www.health.utah.gov/arthritis

Utah Department of Health Tobacco Prevention and Control Program
(801) 538-6120 or toll-free 1-877-220-3466
www.tobaccofreeutah.org

The Utah Diabetes Prevention and Control Program is pleased to introduce its first Diabetes Pocket Directory.

For additional help or specifics on this information please contact the Utah Department of Health Resource Line at 1-888-222-2542 or the Utah Diabetes Prevention and Control Program at (801) 538-6141.



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